SOME HEALTH

Suggestions That May Enable Many Tribune Readers to Feel Better.

WISDOM FOR THE HOUSEHOLD

These Hints Don't Cost Much, Are Not Copyrighted and if They Don't Do You Any Good You Can Have the Satisfaction of Knowing That They Will Not Do You Any Harm.

For the Saturday Tribune.

The newest health-giving discovery is called by its inventor the thermogen. It consists of a quilt containing a coil of wire bent in the fashion of gridiron, inclosed in insulating and non-conducting material, and imbedded in cotton, wool or other soft substance with a silk or woolen covering. The resistance offered by the coil to the flow of an electric current through the wire produces heat in the same way that heat and eventually light are produced in the filament of the glow-lamp. A uniform temperature of about 150 degrees Fahrenheit is thus maintained; but in the event of the tem- five drops of diluted hydrochloric perature rising beyond that point from acid in a half glass of water before increase of pressure in the electric meals. mains, a fuse instantly melts and automatically shuts off the current. The quilt may be attached to ordinary incandescent lamp terminals. In deseribing this device London Lancet says that this most important medical As a cure for crysipelas in the lower use of such an invention would be on extremities take through a glass tube. ened operations or in those attended with hemorrhage, where artificial means to sustain the patient's temper-ature are required, blankets and hot water are a decided nuisance. In such cases these quilts would be invaluable as a soft, dry, warm and convenient covering. Again, in cases of chronic rheumatism, lumbago or senile slowness of circulation, such an appliance would be useful. The thermogen is now receiving trial at several large English hospitals.

Dr. Stotzer-Buetzer, in one of the foreign medical reviews, writes as fol-lows on the medicinal and hygienic properties of the apple: Apples eaten immediately before bed time promote the health generally. Its dietical as well as alimentary substance is of the highest order. It contains more phosphorie acid in an easily digestible combination than any other vegetable product. It is (1) good brain food, (2) excites the functions of the liver, (8) promotes a sound and quiet sleep, (4) tongue is preferable to the water itself, disinfects the mouth, (5) agglutinates but when the latter has been distilled the surplus acids of the stomach, (6) paralyzes hemorrhoidal disturbances, (7) helps the secretions of the kidneys and prevents calculus concretion, (8 obviates indigestion and (9) is a good preventive against diseases of the throat.

Scrantonians remember H. R. Rowley, the artist, who boarded for many years at the Eagle hotel in Pittston, Mr. hands. Rowley is now in Utlea, N. Y., in robust health. Years ago he was a vict-im of acute dyspepsia and suffered un-of the chloride of iron in half a glass of told misery from indigestion. One water after meals (take through a glass) the church are young Cambro-Ameriday his torture became so intolerable day his torture became so intolerable tube) for eight weeks. Between meals tank, and filled with the push and pluck that in sheer desperation he seized a and when retiring at night, take five characteristic of our people, they are rehuge beefsteak—a thing unprecedented drops of the tineture of digitalis in a solved not to flag in their efforts until —plastered it over with mustard an wineglass full of water, for three the main entrance to the church will inch thick—he had never before looked weeks; discontinue for one week and go at mustard—and swallowed the whole on for three more weeks istard-and swallowed the whole conglomeration in a trice, Mr. Rowley no doubt expected this would bring on no doubt expected this would bring on trains. Give the eyes a rest. This a crisis, if not an undertaker. Nor was common practice of reading on the he disappointed about the crisis. The mustard and the beef steak formed such an amicable alliance in his all- eyes' lenses and so affect the focaliza mentaries that the demon dyspepsia tion of the organ. The danger is greatwas fairly shamed into retreat. next day Mr. Rowley repeated this ballasting is imperfect and whose rails accidental prescription and added are roughly laid, producing much jarmustard to his bread and potatoes as ring and consequent rapid changing well. The long and short of it was that by the free use of mustard, he knocked his dyspepsia out in less than a fortnight and could now introduce iron wedges into his stomach without feeling much the worse therefor. This narrative may run counter to the traditional teachings of hygiene, but it is the sober truth, as Mr. Rowley will himself attest. And the point to it, if there is any point, is that dyspepties often overdo the matter of "dieting," and by their fussy abstemiousness augument rather than relieve the original trouble.

According to the directions of Dr. Salmon, to sterilize milk, take a tin pail and have made for it a false bottom perforated with holes and having legs half an inch high to allow circulation of the water. The bottle of milk to be treated is set on this false bottom and the pall is filled with water until it reaches the level of the surface of the milk in the bottle. A hole may be punched in the cover of the bottle, in which a cork is inserted, and the thermometer is put through the cork so that the bulb dips into the milk, and the temperature can thus be watched without removing the cover. water is then heated until the milk reaches a temperature of 155 degrees Fahrenheit, when it is removed from the heat and allowed to cool gradually. A temperature of 150 degrees maintained for half an hour is sufficient to destroy any germs likely to be present in the milk, and it is found in practice that raising the temperature to 155 degrees and then allowing it to stand in the heated water until cool, insures the proper temperature for the required time. The Pasteur method is practically the same—the temperature is raised to 160 degrees, kept there about ten minutes, and the cooling process is as rapid as possible, rather than gradual. It is found that the latter method makes the milk more easy of digestion in the case of infants or delicate persons. Either process inmres the ridding of dangerous germs, and milk so prepared will keep usable thirty-six hours.

There is a good bit of healthy sense in Kate Field's advice by help to "Judicious mental work may help to Kate Field's advice to women: lift one out of the ruts of premature old age. Read and think what you read. Don't use your mind as if it were a sieve and you were trying to see how much you could pour through it. There is a belief extant that knowledge, if gained at all, must be acquired n youth. Fallacious theory! Behold Galileo at three score and ten pursuing his studies with unflagging zeal; Cato beginning Greek when advanced in years. Ogilby commenced classical tudies when past 50. Gladstone is as much the student today as when the bloom of youth mantled his cheek. Be by constipation; and constitind to the feelings and fancies of youth. If they prove perennial so much the better. Don't forbid yourself glad, recreative thoughts and action. Don't be ashamed to make able woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiving a glance of respectful admiratory. A sendible woman may feel a thrill of pleasire innocent as a maiden's when regiver woman may feel a thrill of pleasire innocent as a maiden's when regiver woman may feel a thrill of pleasire innocent as a maiden's when regiver woman may feel a thrill of pleasire innocent as a maiden's when regiver woman may feel a thrill of pleasire innocent as a maiden's when regiver woman may feel

tion from a manly form. Smile without affectation, be pleased without be-ing silly—in short, be young as long as you can.

The composing room towel has been

for years a favorite theme for satirical allusion among those familiar with its granolithic properties; but there are to be seen in more than one Scranton restaurant a species of towel which presses the dusky fabric of the print shop hard for its honors. We allude to the small snatches of bedraggled linen which depend from hooks in front f certain bars. If one of these could only speak, what a tale of microbe-mixing and disease germ miscagena tion it could, perchance, unfold. The mouth that drips with sour ale vies with the moustache fresh from an ablution in buttermilk in the effort to blend its surpluss upon this liberal "wipe"; and all because the average man is too careless or too improvident to carry with him, for use in such emergencies, a spare handkerchief. The statistics of disease propogation un-doubtedly owe much to this forgetful-

HEALTH FOR THE MILLIONS:

one-twelfth a grain of sulphide of calcium.

Often a jaded appetite may be re-vived without ill result by taking Bathing the nose twice a day with

hot water and sulphur soap will at which the mortgage will be burned eventually remove the yellow "flesh and a season of rejoicing will be obworms" that often collect in the pores of the nose.

As a cure for crysipelas in the lower the operating table, where, in length- every four hours, twenty drops of the tincture of chloride of iron in a tumbler half full of cold water.

Dr. Antal, a Hungarian chemist, has discovered a new chemical compound, the nitrate of cobalt, which, he says, is a most efficacious antidote to poisoning by eyanide of potassium or prussic

Acknowledgmen tis due to the Phila delphia Record's superior "Health and Hygiene" department on Sundays for D. D., is president. All the churches many of the suggestions and remedies of the West Side are co-operating in noted in this column of the SATURDAY TRIBUNE.

Itching of the feet may often be re lieved in one week by bathing the affected parts in water hot as can be Dry, then wet old linen and orne. muslin with phenol sodique and apply, night and morning. Wear unin the city. Tomorrow morning all desched socks throughout the year.

The old notion that water must be prohibited in the case of raging fevers has in most instances been abandoned the medical profession. Cracked ce applied to the patient's parched and cooled it will oftener do good than | their service and join in the service

Milady's hands may be kept white and soft if she will remember to use the campaign in our adjoining county lemon juice every time she washes thens. Wear gloves on the street, and the city. upon going to bed thoroughly rub into he hands the following mixture Many Pittstonians and several Tincture of benzoin, one ounce; gly-crantonians remember H. R. Rowley, cerine, one ounce; water, one ounce. Sleep with old, loose kid gloves on the

To remove fullness from beneath the n for three more weeks

Do not read while riding on railway cars is most trying on those delicate muscles that regulate the shape of the The est, of course, on those railroads whose are roughly laid, producing much jar the distance between the eye and th paper. That "abominable headache common to travelers is many times due to nothing else than this strain on the muscles and nerves of the eye,

RACE TRACK NOTES.

Nancy Hanks did not prove in foal to Arion, and she has been bred to Vatican the sire of Belle Vara, 2.08%. Cobwebs, 212, was purchased last year or \$500, and has won much over ten time

hat amount already this season.

Earl Belmont, 2.26%, owned by Leste Witherspoon, of Versailles, Ky., was killed by lightning in his stall a few days ago. Fantasy reduced her record to 2,07% a ochester. She is still two full seconds chind Directum's 4-year-old record, but the record-breaking season is still young. At Milan, Aug. 12, the American gelding spofford won the international trotting

ace in two straight heats; distance, one nile and a furlong. At Florence Spofford dise won the big Consolation purse, the distance being one and a half miles. It is reported that Merry Monarch will

be placed in the stud next spring at the breeding farm of his new owner, near Lexington, Ky. J. E. Kittson, whose property Merry Monarch now is, also owns some famous brood mares, including Spinaway, dam of Handspun and Lazzar One of the most attractive features of

the new track at Oakley, O., will be an artificial lake in the field opposite the club This will be something after the style of the lake at Latonia, but much larger, extending nearly three-quarters the length of the field. This lake will be stocked with bass, wall-eyed pike, trout and other game fish.

There will be no Arion-Directum special rotting race in Chicago. Falling to get he Washington park track for the race, Doble and Hickok refused the offer of the Northwestern Breeder's association, and notified the management that the race would not go and that Directum would go east. The chances are that the pair will meet in Boston.

TOO MUCH TEARING UP.

Olyphant Record. Mayor Connell's objection to the ruth less tearing of the main streets of Scranton was highly proper. The mayor keeps a watchful eye on the affairs of the city and aims at the comfort and welfare of the citizens.

Beecham's pills are for biliousness, bilious headache, dyspepsia, heartburn, torpid liver, dizziness, sick headache, bad taste in the mouth, coated tongue, loss of appe

Book free; pills 25c. At fourself as pretty as you can. A sen-able woman may feel a thrill of pleas-drugstores, or write B.F. Allen

Religious World

both pastor and people. It briefly summed up the work of the year. The present membership is 250; forty were received into the church during the riched, and the people given a pleasant year and twenty were dismissed. The day on the mountain top. received into the church during the Sunday school is in a flourishing condition and has an enrolled mem bership of 260. The finances are in good condition and all societies connected with the church are flourishing. The most interesting item in the letter was the glad tidings that the debt on the church was wholly removed. During Mr. Watkins' pre vious pastorate, about two years ago, pledges were taken from the members To relieve a sty take every six hours | that covered the debt, which then amounted to \$5,600. These were not paid in as rapidly as anticipated be-cause of the pressure of poor times, but during the last year the pledges were almost wholly redeemed and the debt removed. The pastor and members are greatly pleased at the result and will in the near future hold a jubilee service, served by the church and congregation.

MOODY MEETINGS.

The people of the West Side will opportunity to hear hava eo-laborers of D. L. Moody, who have done such excellent work in Luzerne county. A tent has been erected on two vscant lots on North Main avenue, between Jackson and Price streets. In this, services will be held for the next two or three weeks. An executive committe has the work charge, of which Rov. D. C. Hughes, the work, and during the week union meeting have been held, where the pas-tors meet and devise the best possible means of conducting these services, Eyangelist E. W. Bliss will conduct the services at present, but soon, his churches will worship as usual, and the regular Sunday school services will be conducted. A 3.30 p. m. and at 7.30 p. m. services will be conducted in the tents. Churches holding services at 6 p. m. can meet as usual, but those assembled for evening worship at 7.00 or 7.80 p. m., are requested to suspend the tent. Much interest is taken in these meetings, and the good done by is a promise of what will be done in

IMPROVEMENTS NEEDED.

The members of the Paritan Congregational church of Providence have surprised their friends in the stranuous efforts they have made to erest the commodious house of worship now oc-The expense of wall and placing stone steps into position will amount to hundreds of dollars. In order to secure funds they will hold a fair and festival in the fall. Tickets for the same were issued this week, which have been well received by the public. It will be necessary also, before the winter sets in, to put in the church a heating apparatus, which is another object for which the young people are orking. Their enthusiasm and earnestness desire success, and we hope their efforts will be properly rewarded.

REV. M'LEAN COMPLIMENTED.

At the close of the services on Sunday morning, July 29, in the Simpson church, Los Angeles, Cal., the follow ing preamble and resolutions were adopted by the entire congregation durng the absence of the pastor:

"Whereas, We, the quarterly conference of the Simpson Methodist Episcopal church, now holding our last session for this conference year, deem the present a fitting and timely occasion for the expression of our warm regard and sincere gratitude to those whose labor and sympathy have so cheered and helped us during the past year and inspired us with such hope and confidence for the future."

Resolved, That we hereby convey to our beloved pastor, Rev. C. C. McLean, D. D., our most hearty thanks for his minis try during the past seven months; that we asure him that we recognize and highly steem his faithful and eloquent preach ing, his wonderful and untiring energy in building up the membership, finances spirituality and usefulness of our church hat in thus expressing our appreciation f the heroic and successful work of Dr McLean we desire also to especially thank his excellent and accomplished wife for the charming and happy efficiency with which she has so nobly seconded all the arduous ministrations of her husband, and that above all, Dr. and Mrs. McLean have so won our hearts and affections that as a nited and working membership we es teem it a joy as well as a privilege to spend and be spent with them in the great ork of Christ committed to our charge.

Dr. McLean was pastor of Adams avenue, now Elm Park church, in this city, and has many friends who we feel assured would like to hear of his welfare and his work.

YOUNG WORKERS.

Evan Williams, of Hampton street, will leave soon for Marietta, where he expects to begin a regular course and prepare for the work of the ministry.

The regular monthly meeting of the Epworth league of the Elm Park Methodist church, which was to be held last Thursday evening, has been postponed for on

The choir of the Puritan Congregational church of Providence will give a service of of song in their church tomorrow evening. Caswallon Davies, conductor of the celebrated Moody quartette, will be present and sing in the service.

A fourth annual re-union of the Lutherans of the Susquehanna valleys will be held next Thursday at Clement's park, near Sunbury. Addresses will be delivered hear Sunoury. Addresses will be delivered by some of the leading clergymen of the denomination. Rev. E. L. Miller, of our city, is one of the executive committee. He and some of the people of his parish will attend.

The convention held last Monday and Tuesday in Pittston, by the young people of the Weish Baptist churches of northeastern Pennsylvania, was a pronounced success. A large number of delegates were present from all the churches in the pation is the most frequent cause of all of them.

Book free; pills 25c. At were present from all the churches in the union, and both the papers and the addresses that were prepared, manifested much enthusiasm and consecration in the work. The next convention will be beld in Taylor, about the latter part of

The letter read before the North Main Avenue Baptist church last Sunday morning was very encouraging to by this active organization was more by this active organization was more efficiently carried out. The pustor is efficiently carried out. The paster is thankful for the material help of the young members of the church, by whose effort the finances of the church are en

RESUMING WORK.

Rev. George Guild, of the Providence Presbyterian church, is expected home next week from his vacation, Rev. D. W. Skellinger, of the Washburn Street Presbyterian church, expects to re-

turn from his vacation next week. Rev. W. J. Ford, of the Green Ridge Saptist church, has returned home from its wedding tour and will occupy his pulpit tomorrow.

Rev. G. L. Maice and family, of the Green Ridge Evangelical church, returned home from their vacation last Tuesday. Mr. Maice will occupy his pulpit tomorrow morning and evening. The Green Ridge Evangelical church has

secured the services of Rev. J. H. Marce, the blind evangelist of Central Union misdon, Washington, D. C., who will conduct services in the above church for two weeks n October. Rev. Floyd E. Fuller, son of Rev. M. D. Faller, of Providence, will leave a week next Monday for the west. He expects to

risit the cities of Minneapolis and Chicago, where he will stay two weeks, and thence o south to Florida and resume work in the church under his care. Last Tuesday evening the Plymouth Congregational church appointed a recep-tion committee to make necessary ar-rangements for the coming of Rev. Thomas Bell, the pastor-elect of the church. The members appointed are Miss Lizzie A. Ev-

PASTORS' ACTIVITY.

ans Miss Jounie Lewis, Miss Nellie Rughes, Mrs. W. J. Morgan, Elias E. Evans, Richard Owens and S. D. Meyers.

Prayer service will be held in the First Welsh Congregational church tomorrow. Rev. W. F. Davies, of the Providence Baptist church, will conduct communion ervices tomorrow evening.

John Davies, a theological student of Marietta college, will preach in the Ply-mouth Congregational church temerrow. Rev. Leonard Cole, of Green Ridge, will occupy the pulpit of the Asbury Methodist Episcopal church tomorrow morning and

Congregational church, will preach tomor-row evening at the Welsh Congregational hurch on West Market street. Rev. E. L. Miller, of the Holy Trinity Lutherau church, will go to Reading next Friday to attend a Luther league rally of the Reading district, and will deliver an

Rev. Daniel A. Evans, of the Puritan

address there on the work of the league. The general secretary of the Primitive Methodist conference of this part of our state has issued a call to the clergy of that denomination to meet in Tamauqua in the early part of October to transact impor-

Rev. Daniel Savage, of the Green Ridge Primitive Methodist church, preached last Thursday evening on Descon street. To-morrow he will speak in the morning on "Christian Confidence," and in the even-ing will answer the question, "Is There a Days!"

The congregation of the Holy Trinity landed property and other scurces of in-Lutheran church is preparing for their some which have been given for the pur-harvest home festival which will be hold the third Sunday in September. The com-pose of assisting to promulgate certain specific dectrines, to wit: those of the Esmittee having the arrangements in charge is the following: R. H. Brader, Newton Croft, Henry Schubert, Miss Abbie Orff, Misa Elizabeth Garagan and Miss Annie Von Konecuz.

Rev. G. G. Messmer, presiding older of the Philadelphia district of the German Methodist Episcopal church, will hold quarterly meeting in the Adams Avenue German Methodist Episcopal church on Wedeesday evening next, and in the Second German Methodist Episcopal church on the South Side on Thursday evening. On Tuesday evening he will deliver a lecture before the Epworth league of the First German church on Adams

THE CLERGY.

Rev. M. D. Fuller was at the Wyoming camp meeting last Monday and Tuesday Rev. M. H. Mill expects to move next week from South Main avenue to North Main avenue.

Roy, John W. Richards, wife and two hildren, of Lancaster, are visiting Henry Pfeifer on Mulberry street. Rev. Floyd E. Fuller will preach tomor-ow evening in the Providence Methodist

Episcopal church.

Rev. P. R. Hawkhurst, D. D., is exeted home today from Ocean Grove, and will occupy his pulpit tomorrow, Hev. R. S. Jones, D. D., of Providence, left Thursday afternoon for New York. He will preach in the Welsh Congregational church there tomerrow.

Rev. D. K. Freeman, D. D., of Huntingion, this state, is visiting William Frink on Washburn street. Mr. Freeman will pos-sibly stay in the city for two weeks. Rev. James McLeod, D. D., of the First Preabyterian church, is expected home next week. His pulpit will be occupied tomorrow by Rev. Wilfred W. Shaw.

The pulpit of the Hampton Street Methodist Episcopai church will be occupied to-morrow morning by F. W. Pearsoll, of the Railroad Young Men's Christian associa-

Rev. D. M. Kinter, of the Providence Christian church, left last Monday for Wayne county, where he visits friends and onducts meetings in the mission under his charge.

Rev. H. Brauson Richards, who has faithfully served the Park Place Lutherau mission during the summer, will return to the seminary in two weeks. preach his farewell sermon a week next Sunday.

SUNDAY SCHOOL WORK.

The Sanday school of the Westminster Presbyterian church will hold its annual icnic at Laurel Hill park next Monday.

The Park Place Methodist Episcopal Church Sunday sch picnic at Laurel Hill park next Thursday. A pleasant day was enjoyed by the Ply-mouth church Sunday school at Laurel Hill park yesterday. Over three hundred scholars and teachers were present.

The music lovers of the Primitive Meth odist Sunday school of Green Ridge, have organized an orchestra that discourses sweet music to the attendants. This has greatly added to the interest of the work and increased the attendance. During the summer months the membership has increased and the present condition of the work is most flattering to the superintendent and officers.

The Mission Sunday school on Sherman avenue is very flourishing under the charge of Miss Deln P. Evans. At the picnic held on the 17th inst. there were over 500 peo-ple assembled, and over 400 cranges and bags of candy were distributed. The at-tendance last Sunday was 254, which could not be comfortably accommodated in the present building. The superintendent spoke recently of the lack of room to W. R. Storrs of the Delaware, Lackawanna and Western Coal company, and he imme-diately gave orders to build an additional reom, half as large again as the present building, in order to give ample accommodation to the fervent band of Christian workers in this part of our city. The

which also furnishes all the material. The superintendent and school are very thank-ful to the kindness of Mr. Storrs, who so readily complied to the petition of the mission.

TOMORROW'S CHURCH SERVICES.

TRINITY ENGLISH LUTHERAN CHURCH Adams avenue, corner Mulberry street.
Rev. E. L. Miller, pastor, Services will be conducted at 10.30 a. m. and 7.30 p. m., by H. Branson Richards, Pews are free, and visiting worshippers always welcome GRACE ENGLISH LUTHERAN CHURCH-Rev. Foster U. Gift, pastor. Services on Sunday at the Young Men's Christian association at 10 30 a. m. and 7.30 p. m. Sunday school at 11.30 a. m. Everybody

GREEN RIDGE BAPTIST CHURCH-Services at 10,30 a. m. and 7.30 p. m. Sermons by the pastor.

JACKSON STREET BAPTIST CHURCH-Th Washburn Street Presbyterian church unites with this church again tomorrow unites with this church again tomorrow. Preaching by the paster of the Jackson Street Baptist church. Services at 10.30 and 6 p. m. The latter service for one hour to give time to attend the tent service at 7.30 p.m. All the singers of the churches of the West Side to meet this Saturday evening for rehearsal for the ent service at the Jackson Street Baptist

PENN AVENUE BAPTIST CHURCH-Rev. Ransom Harvey, of Germantown Phila-delphia, will preach morning and even ing. Services at 10.30 a. m. and 7.30 p. n. Bible school at 2 p. m. Christian En leavor meeting at 6.30 o'clock. A cordia welcome to any or all of the services.

St. Davin's Chuach—The Rev. M. H. Mill, rector. Fourteenth Sunday after Trinity. Morning prayer and sermon at 10.30; evening prayer at 7.30; Sanday school at 2.30. Seals free, FIRST BAPTIST CHURCH-Pastor Collins will preach Sabbath at 10.39 a.m. Text,
"A Sound of a Going Trough the Tops of
the Mulberry Trees." In the evening the
church will join in the union meetings in
the tent at the corner of Price street and

SAINT LUKE'S CHURCH-Rev. Rogers Israel rector. Fourteenth Sunday after Triuy; hely communion, 8 a, m.; service and ermon, 10.30 a, m.; Sunday school, 2.30 m.; evening prayer, 7 p. m.

binin avenue.

SAINT LUKE'S DUNMORE MISSION—Sun-lay school, 3 p. m.; evening prayer and sermon, 4 p. m. Rev. Mr. Lewis, of Honesiale, will officiate throughout the day. GREEN RIDGE EVANGELICAL CHURCHapouse avenue, Rev. G. L. Maice, pas-or, Sunday school at 9.80 a. m.; K. L. C. E., .45 p. m. Preaching service by the pas-or at 10.30 a. m. and 7.45 p. m. Strangers alwaya welcome.

NEWS NOTES FROM WALES.

Succial Correspondence follows:

ments. From landed property..... \$161,020 503,735 ncome from other sources..... 65,210

\$1,130,565 1,130,565

sions..... 42,913 Grand total.....\$1,240,065

and other purposes. Progressive church-men speak favorably to the proposal so far as the tithe, \$903,735, is concerned, which is really the bulk of the sum, but they object to the confiscation of the landed property and other sources of in-come which have been given for the pur-pose of assisting to propulgate certain. There are cases where the clearest proof can be given that these bonefactions, i. e.,

accient endowments, were given to the church to aid in her ministrations, and yet by the bill they will be ruthlessly taken away. There are "two sides to a question," and the framers of the bill have, no doubt, overreached the bounds of discre tion to pacify the noisy section of the Lib-erationists. There are men, unfortunately, whose desire to disestablish the mother church arise from spite and hatred rather than motives of religious equality, and probably there is some foundation for the rumor some time ago that rather than at-tempt to meet the demands of this section, Mr. Gladstone threw up office,

The Welsh champion brass band contest was held at Swanssa this week, the result being: First prize, Llanelly band; second, Morristown; third, Blaum; fourth, Aber-illery. Eleven bands competed.

Mrs. Catherine Davies, of the Rose & rown hotel, Porthycawl, has been notified if a fortune of \$200,000 left her by ac American relative.

Mrs. Margaret Morris, wife of a collier esiding at North street, Ferndale, brought an action for libel against the pastor and secretary of her coursel. The pastor's daughter was married to the son of Mrs. Morris and the latter engaged in a family nabble with her daughter-in-law when apa-in-law stepped in and in the capacity of pastor ordered the church secretary to flix the letter "D" to Mrs. Morris' mime in the church members' list, signifying that the had been expelled. Mrs. Morris kicked she had been expelled. Mrs. Morris kicked against this with the result that the paster and the secretary paid \$50 each and costs. The case is a most important one as it bears strongly on the right of Welsh pasters and deacons to constitute themselves into a star chamber upon the comparable transactions of their members. ercial transactions of their members There ought to be some curtailment of their authority, as instances have occurred, ortunately rare, where an autocratic saster has ruined his church by the abuse powers with which he is invested.

The death is announced of the famous strest preacher, David Davis, which oc-curred at Gateshead. Deceased was a prominent figure in South Wales twenty ears ago and created much excitement by is oratory and evangelistic work,

The bishop of St. Asaph is a most pugnacious hustler and has done more than any other man to unite the forces of the Welsh church. He has made himself the cirtual leader of the church in Wales and has led his hosts into an avalanche of bither criticism by his action in persuading the house of lords to reject the Ruthin grammar school scheme. The scheme had the approval of the county council and the house of commons, but was killed by the ords. The bishop blundered Ruthin will be in the loss of a good school and the house of lords have scored on the wrong

Inspector Protheroe has been promoted to be chief constable of Anglesca. This is almost the first promotion from the ranks. Hitherto gouty ex-officers of the army on half-pay were appointed to give the police force an aristocratic odour.

day morning.

The trip from the start to the finish was one of pleasure and enjoyment and not one on board could be heard to express dissatisfaction with the officers

Vales: At Cardiff, Rees Phillips (Evans & Phillips, real estate agents, Cadoxton) to diss Annie Maria, daughter of the late Creiger, daughter of the German consul, Cardiff. At Llandaff cathedral, Walter lowelt Williams to Mabel Geach, of Llan-OWEN.

THE first trial of Dr. Wood's Norway The first trial of Dr. Wood's Morway Pine Syrup will satisfy anyone that the lung-healing virtue of the pine tree has now been refined into an effective and convenient cough medicine. Sold by all

The Gentleman from the Fifth Hob Nobs with a Live Crown Prince.

HE HAS FUN ON THE VASTY DEEP

The Trip Over on the Lucania Replete with Incidents-Some of Those Who Contributed to the Gayety of the Voyage-Picturesque First View of the Emerald Isle-Other Features of a Pleasant Itinerary.

Special Correspondence,

SWANSEA, S. W., Aug. 10. O such a state of perfection has mechanical skill and nautical science brought the inter-communication between the old and new world at the present day, that a trip across the Atlantic is thought no more of by those who are consider A cordial | ed wealthy than would be a journey to New York by the average Scrantonian. However, to one whose dollars are not as numerous as the sands of the sea and who, if he strikes terra firma once again in that city that is known the world over for being the home of the Tammany tiger, will bless old Nep for having preserved him from being a source of nutriment for that species of the finny tribe that produces so much bone, it is, indeed, a trip that is attended with considerable pleasure and excitement.

The excitable throng which gathered at the pier to bid friends adieu, the muscular porters who are gathering trunks and boxes of all descriptions and designs, the huge dimensions of the vessel that is to be your home for the next six or seven days, and the busy seamen who are running to and fro putting the last touches on her before she starts out on a voyage that is as uncertain as is the voyage of life all go to produce a feeling that words are unable to describe.

ON BOARD THE LUCANIA.

It was my good fortune to be one of LONDON, Aug. 10.—A parliamentary return is published showing the value of Episcopal church property in Wales as follows:

Ancient Private

Anc the eighteen hundred souls that were whistles and the thousand cries of "bon voyage!" we steamed down the bay and started on a journey that for six days at least, perhaps forever—who on board could tell?—would cut us 33,330 off from all communication with the busy world.

Jollity and mirth, however, reigned supreme. Perhaps there were a few who east one longing, lingering look behind as they thought of the dangers of the mighty deep and heaved a sigh when there passed before them faces of dear ones that had been left behind. The ancient endowments, \$1,130,565, will But this quickly fled and each one by the dissetablishment bill be taken from the church and devoted to educational that being to yet as much pleasure and that being to get as much pleasure and enjoyment out of the trip as possible.

Among the prominent people on board probably the best known were H. C. Frick, of the Carnegie Steel company; ex-Mayor Grace and family, of New York; Edward Stokes and Percy A. Pyne, of the same city. The first two days are spent in forming acquaintances and after that everybody knows everyone else and each one adds his mite toward lessening what otherwise might be a monotonous voyage We were fortunate in having several good vocalists and elecutionists with us, who aided us very materially in helping pass the time.

TOM JONES A FAVORITE.

From our city we had T. H. Jones, the genial treasurer of the poor board who at once became a favorite, and many an hour sped rapidly by while Tom was explaining the geological conditions of the coal strata in the Keystone state, Rev. W. S. Jones, pastor of the First Welsh Baptist church, was also a passenger, and his knowledge of literature and literary haracters made him a very interesting ompanion. We also had a real live prince with us. He was the son of King Arssuah, of the Vei people, in Africa, and had been to America to be educated. He spoke English very fluently and was the center of attraction

during the entire trip.

It is hardly possible for one who had not crossed the Atlantic to conceive of the proportions of these mighty ves-They are in reality floating hopounds, carries provisions enough to feed 3,500 people for three weeks, consumes 420 tons of coal a day.

A CURE FOR ATT. this last trip when we left New York she had 1,000 cases of beer and ale, to say nothing of the spirits and wines, and on the following Thursday night before we reached Queenstown, looked as though the Rev. Mr. Dony was trying to enforce his Sunday obervance law on the deep, for not a drink was in sight. Everything was

empty. The weather was more than could be expected, not an hour's rain from the time we started until we landed and the sea, with the exception of one night, was as calm as a mill pond, THE EMERALD ISLE.

On Friday morning we sighted the eautiful coast of Ireland and it was, indeed, a sight never to be forgotten The green hills in the distance and the pretty little farms that lay ningled among them, but which could be seen very plainly by the aid of a marine glass, made one think that it was one of the fairest spots on earth, specially if you had not seen land for nearly a week By noon we were at Queenstown, at which place we landed four hundred of our passengers and fifteen hundred bags of mail. Before midnight we were in the Mersey and

within sight of Liverpool, but did not

succeed in getting landed until Saturday morning. press dissatisfaction with the officers or crew. It would not surprise me in Recent interesting weddings in South the least to hear any moment of the good vessel having gone to the 1 sttom for when I left her she was showered Miss Annie Maria, daughter of the late Captain High Llewellyn Francis, Lianelly; William Proctor Seward, of Fellberough, Cardiff, to Miss Polly Edwards, Clive cottage, Cardiff. At Dinas Powis, Edward Spencer, M. D., of Towington, to Miss Blanche Mary Alexander, of Dinas Powis. At Penarth, Ernest Nicholls to Sophie China, others to India, Africa, Rome, Frances, daughter of the German censul. Paris and London, the coal baron and myself coming down into little Wales to rest up among the hills and vales before starting for the continent.

On Sunday next we are to have the pleasure of hearing the Revs. Fred and John Evans of America. They are to be assisted by their two brothers, all of whom will preach in this city.

E. E. ROBATHAN.

Revised Official Programme

AND ROYALTY MUSICAL: FESTIVAL

Laurel Hill Park Sept. 6 and 7, 1894.

Mendelssohn's "Hunting Song," for choirs not to exceed 120 in number. Published by Ditson.
"Gloria" (Mozary), for Catholic Church Choirs, not to exceed 50 in number and not less than 25 in number.
"Zampa Overture," by Herold, for brass and reed bands, not to exceed 35 pieces.

and not less than 20 in number. 200

2. "Zampa Overture." by Herold, for brass and reed bands, not to exceed 35 pieces.

3. "Star Spangled Banner," for public school choirs not to exceed 60 in number. No scholar over 16 years of age to participate in this contest, and the leaders or conductors of the various choruses must be teachers or scholars of the various schools the contesting choruses must be teachers or scholars of the various schools the contesting choruses must be teachers or scholars of the various schools the contesting choruses must be teachers or scholars of the various school the contesting choruses must be teachers or scholars of the various school the contesting choruses must be teachers or man for male parties not to exceed 40 and not less than 25 in number, with quartet. ... 150

3. "Woldmorgen," a German giee, by Kochler, for German parties not less than 16 and 16 of the Birds" and "My True Love Hath My Heart," both solections published by Novello, For female parties not to exceed 60 in number and not less than 40. ... 100

3. Double Quartet, "The Sea Hath Its Pearls," Soprano, Alto, Tenor and Eass, Pinsuttl, Published by Novello, 60. Quartet, "Madeline," by J. L. Roeckel, Ditson & Co., publishers. ... 20

10. Duet, "The Two Bards (Y Ddau Awenydd), by Parson Price. ... 20

11. Soprano, "The Promised Land," by Paul Rodney, in E Flat, Boozy, publisher, New York. ... 12

12. Contralto, "Guard My Beloved One," by Angelo Machereni. Boozy & Co., New York of Co., New York of the Secret, by Hazel. ... 12

13. Baritone, "Toreador, by Birett. Ditson & Co., publishers. ... 12

14. Tenor, "Orpheus and His Lute," in B Fat, by Sir Arthur sullivan. Shaw Philadelphia, publisher. ... 12

15. Cornet Solo, "The Secret," by Hazel. ... 12

16. "The Wanderer," by Schubert, bass solo from 50 standard son gs. for bass voice, by the John Church Co. ... 17

17. English cration on "Daniel Webster." Time, fiteen minutes. ... 19

17. English cration on "Gallelujah Chorus," by brass and reed bands, numbering not less tha

CONDITIONS.

1. That the adjudicators are authorized to livide prizes where merit be equal, and to withhold prizes where merit be insufficient.

2. That the committee shall have power to nominate other adjudicators instead of any who may be incapacitated by illness or other inforescen causes. forseen causes. 3. Protests concerning any decision or any

3. Frotests concerning any decision or any competition, shall not be made at any of the sessions of the festival, but shall be forwarded in writing to the secretary at the time the alleged cause arises.

4. Should only ONE choir or band enter in Nes 1, 2, 3 and 4, the competition shall be withdrawn. In the choral competitions and the male and female competitions the accompaniment shall be limited to the plane, the American organ, or both. Choirs and parties may provide their own accompanists.

5. The double quartette, the quartette, duet, and male and female soles and the cornet sele will use the plane forte only. duet, and ma'e and fe male solos and the cornet solo will use the plane forte only.

6. Should any choir sing out of tune, the
prize will be awarded to the choir giving the
most intelligent rendition. This rule applies
only to the chief choral selection.

7. Choirs and competitors (vocal and instrumental) must send their names to the secretary on or before August 20, 1894.

8. If necessary, competitors will be expected
to attend preliminary contests.

3. The committee reserves the right, should
circumstances make it necessary, to hold
minor contests in any hall that can be secured
for such purpose.

or such purpose.

10. The festival will be held on the days advertised, but in case the work will be more than can be accomplished on those days' sessions to terminate the work will be held on Saturday, Sept. 8, 1894.

For nearly fifty years this wonderful rem-dy has proved itself the best, quickest, saf-est and surest antidote for pain in a he world.

THE TRUE RELIEF. RADWAY'S READY RELIEF.

RADWAY'S READY RELIEF is safe, reliable and effectual because of the stimulating action of the body, adding tone to the one and inciting to renewed and increased vigor the slumbering vitality of the physical structure, and through this healthful stimulation and increased action the cause of the PAIN is driven away and a natural condition restored. It is thus that the READY RELIEF is so admirably adapted for the CURE OF FAIN and without the risk of injury which is sure to result from the use of many of the so-called pain remedies of the day.

In using medicines to stop pain we should as a street or remedies of the day.

In using medicines to stop pain we should avoid such as indict injury on the system. Opium, Morphine, Ether, Cocaine and Chloral stop pain by destroying the sense of perception, when the patient loses the power of feeling. This is the most destructive practice; it masks the symptoms, shuts up, and, instead of removing trouble, breaks down the stemach, liver and bowels, and, if continued for a length of time, kills the nerves and produces local or general paralysis.

There is no necessity for using these uncertain agrants, when a positive remedy like RADWAY'S READY REILIEF will stop the most executiating pain quicker, without en-

Summer Complaints Dysentery, Diarrhea,

Cholera Morbus. A half to a teaspoonful of Ready Belief in a half tumbler of water, repeated as often as the discharges continue, and a fannel saturated with Ready Relief piaced over the stomach and bowels, will afford immediate relief and soon effect a cure.

A half to a teaspoonful in half a tumbler of water will in a few minutes cure Cramps, Spasma, Sour Stomach, Heartburn, Nervous ness, Sleepiessness, Sick Headache, Diarrhea Dysentery, Colic, Flatulency and all internal pains.

Malaria HILLS AND FEVER, FEVER AND AGUE CONQUERED.

RADWAY'S READY RELIEF Not only cures the patient seized with this terrible for to settlers in newly-settled districts, where the Malaria or Ague exists, but if people exposed to it will every morning, on getting out of bed, take twenty or thirty drops of the Ready Relief in water, and ext. say, a cracker, they will escape attacks. This must be done before going out.

There is not a remedial agent in the world that will cure Fever and Ague and all other Malarious, Biltons aided by BaDWaY'S PLLS, so quick as EADWAY'S READY RELIEF.

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The Great Liver and Stomach Remedy for the cure of all disorders of the Stomach,
Liver, Bowels, Kidneys, Bladder, Nervous
Diseases, Loss of Appetite, Headsche, Contiveness, Indigestion, Billousness, Fever, Inflammation of the Bowels, Pile; and all other
derangements of the internal Viscora, Purely
vegeta ble, containing to mercury, minerals
or deleterious drugs
Price, 25 cents per box. Sold by all druggists.

DYSPEPSIA DY SPEPSIA

Dr. Radway's Pills are a cure for this complaint. They restore strength to the stemach and enable it to perform its functions. The symptoms of Dyspepsia disappear, and with them the liability of the system to contract diseases. Take the medicine according to directions and observe what we say of "Palse and True," respecting dist.

137 Send a letter stamp to DR. RADWAT & CO., Lock Box 505, New York, for "Palse and True."

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